

Baked Pinto Beans and Cornbread

A quick way to make a meal that will sooth a sore throat. Many, many years ago, I experimented with this dish idea. It comes from long forgotten roots. A cornbread cake that can be molded into individual serving patties, loaded with pinto beans, and optionally, bacon bits, ham, onions, and vegetables or spices. These cakes can be baked and frozen in single servings. They can be crumbled in milk or heated and crumbled in soup. Syrup can coat the cornbread for sweetness and calories in a bitter winter. Basic cornbread and beans may be soupy, or more solid.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon
- Butter (lactose)
- Eggs
- Ham
- Milk (lactose)
- Onions
- Pepper
- Pinto Beans
- Spices

Meatless Preparation Avoid:

- Bacon
- Butter
- Eggs
- Milk
- Ham
- Substitute with: _____

Utensils:

- Medium sized mixing bowl
- Pot holders
- Spoon
- Pan: 2.5 quart oven safe pan with lid

Ingredients:**Meat:****Optional:**

- 1/2 cup of chopped bacon, or
- 1/2 cup of chopped ham

Vegetables:

- 1/2 cup of chopped onion
- 15 ounces of pinto beans

Other ingredients:

Cornbread mix (gluten free)

Verify extra ingredients:

- 1/4 cup of butter, + 2 tablespoons of butter
- 2 eggs
- 1 cup of milk
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:**1. Chop:**

- 1/2 cup of onion
- Optional:**
 - 1/2 cup of bacon, or
 - 1/2 cup of ham

Cornbread:**1. Mix in medium sized bowl:**

- 1/4 cup of butter, + 2 tablespoons of butter
- Cornbread mix
- 2 eggs
- 1 cup of milk
- Dash of salt
- Spices, such as pepper, to taste

2. Mix into the cornbread:

- 1/2 cup of chopped onion
- 15 ounces of pinto beans
- Optional:**
 - 1/2 cup of chopped bacon, or
 - 1/2 cup of chopped ham

It should form a thick paste.

Optional: Shape individual patties.

Combine in 2.5 quart oven safe pan with lid:

1. Butter the bottom and sides of the pan.
2. Add 8 bits of butter to the top. (A thin slice of butter cut into 4 squares.)
3. Cover and place in oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.